

HEALTHY HOLIDAY GUIDE

# 12 DAYS

*of toning*

WORKOUT  
GUIDE

+

HEALTHY  
RECIPES

THE FIT BRUNETTE  
@SAMANTHABOWERS\_

WWW.THEFITBRUNETTE.COM



# SWEAT FOR the season

MERRY CHRISTMAS! The holidays do not have to be a time of regret, guilt, and feeling like you CAN'T indulge and enjoy yourself. This [12 Days of Toning Guide](#) is the perfect way to head in to family Christmas dinners on the right foot.



## HERE'S WHAT'S INSIDE:

- A 12 day workout plan complete with full body NO EQUIPMENT routines to help you tighten & tone, slim down, and feel as confident as ever.
- 9 NEW seasonal healthy recipes to get you in the Christmas spirit - because holiday baking is the BEST.
- Fitness & lifestyle tips to maximize results.
- Opportunity to win a GRAND PRIZE sponsored by Fabletics. You could be rocking some new, trendy activewear this Christmas!

holly, jolly,  
& healthy

Taking the challenge? Join the community! Snap a photo of your workout or healthy recipe and tag me on Instagram [@samanthabowers\\_](#) with the hashtag [#TFB12DaysOfToning](#) for an EXTRA ENTRY to win a grand prize sponsored by Fabletics.



# ENTER TO WIN



## FABLETICS

### holiday giveaway!

VALID ONLY UNTIL DEC. 23RD, 2017



## LEARN HOW TO WIN A GRAND PRIZE SPONSORED BY FABLETICS!

### @samanthabowers\_ + @fabletics

You all are working HARD throughout this challenge, so I have teamed up with my favorite activewear line, FABLETICS, to host a HUGE giveaway on Instagram. Once the giveaway launches, all you have to do to enter:

1. LIKE the photo announcing the giveaway (stay tuned - giveaway details and rules will be shared early on in the challenge).
2. FOLLOW @fabletics and @samanthabowers\_ on Instagram
3. TAG a friend.

But there's a BONUS! Snap a photo of your workout or healthy recipe and tag me on Instagram @samanthabowers\_ with the hashtag #TFB12DaysOfToning for 10 EXTRA ENTRIES to win the grand prize at the end of the challenge!

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# GET SOCIAL!

snap + share



If you're taking the challenge, share about your hard work on social media! I know, I know - captions and inspo when it comes to social media can be tough. I've got you covered! Here are a few ideas you can use to post - and don't forget to use the hashtag #TFB12DaysOfToning!

## monday

#MotivationMonday: Share a quote or about a person that inspires you.

## tuesday

#TipTuesday: Share a fitness tip or hack that has helped you - it may help others too!

## wednesday

#WorkoutWednesday: Snap a sweaty selfie or a cute pic in your activewear and show off your hard work!

## thursday

It's ALMOST Friday: what healthy food are you fueling up on to finish out the week strong?

## friday

#FitnessFriday is always more fun with a friend! Share a photo with your BFF and tell how she motivates you to be better.

## weekend

Weekend Wellness: Share your absolute favorite wellness tip.





# BEFORE WE START...

*please note:*



The exercises and healthy recipes listed are **SUGGESTIONS ONLY**. Please consult with your physician before beginning any exercise program. You know YOUR body and should not attempt any exercises that may cause injury. By starting this challenge, you acknowledge the risks associated with exercise and release Samantha Bowers, The Fit Brunette, from any and all liability. Consult with your doctor before beginning this challenge to make sure it is right for you.



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# THE WORKOUTS

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let's sweat!



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# 12 DAYS OF TONING

sample calendar.....

On the first day of Christmas my workout gave to me... a tighter core & toned arms to see! The next 12 days are complete with FOUR upper & lower body specific workouts, TWO full body toning sessions, TWO easy to follow cardio days, and tips for successful active rest days. This challenge starts [MONDAY, DECEMBER 11](#), but feel free to begin at any time and follow the 12 day schedule or move your active rest days around according to what works for your lifestyle. Here is a sample calender:



D E C E M B E R

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> Arms & Abs	<b>2</b> Sleigh the Stairs	<b>3</b> Full Body Frosty Blast	<b>4</b> Active Rest Day	<b>5</b> Leaner Legs	<b>6</b> Active Rest Day
<b>7</b> REST & RECOVER	<b>8</b> Arm Attack	<b>9</b> Reindeer HIIT Run	<b>10</b> Cookie Burner	<b>11</b> Active Rest Day	<b>12</b> The Grinch's Glute Lifter	



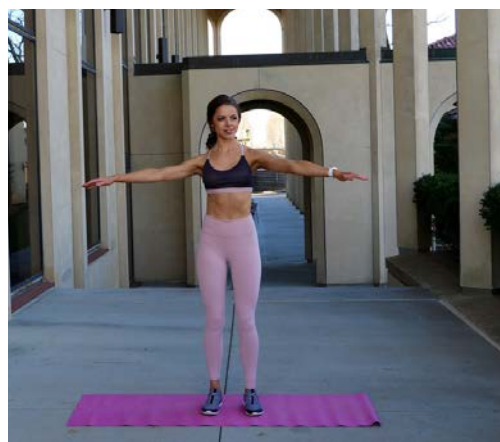
# WARM-UP *options*

Time to MOVE! But not without your warm-up. Below are two warm-up options for you to pick from before you start one of the workouts. You could also opt for a jog or brisk walk followed by some dynamic stretching. A good warm-up not only gets you motivated and ready to go, but it is also important for reducing the risk of injury and preventing muscle soreness.

#1

## 1. ARM CIRCLES

50 forward + 50 backward



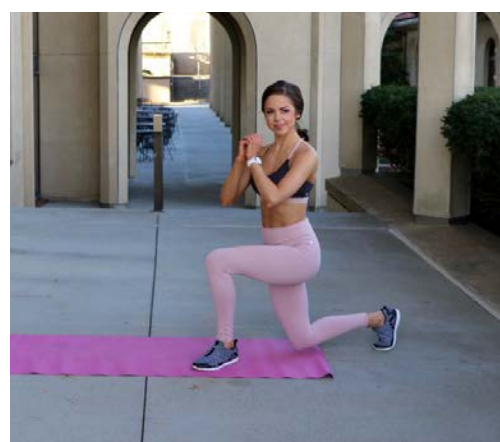
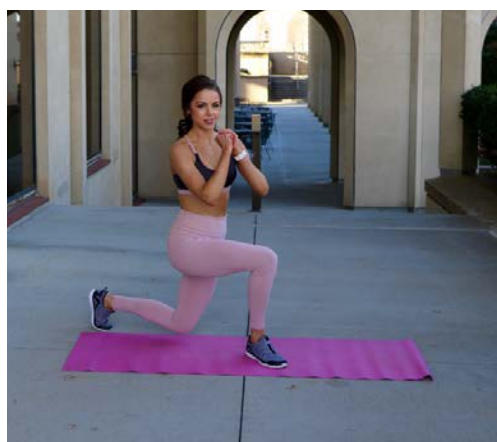
## 2. JUMPING JACKS

30 reps



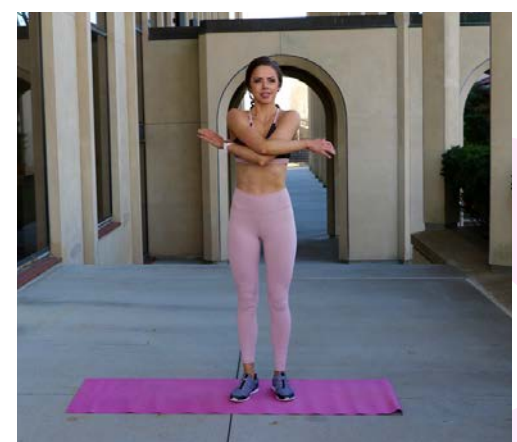
## 3. SIDE TO SIDE LUNGES

20 reps



## 4. SLIDE AND GLIDE

30 reps



*get warm up #2 on the next page!*



# WARM-UP *options*

Time to MOVE! But not without your warm-up. Below are two warm-up options for you to pick from before you start one of the workouts. You could also opt for a jog or brisk walk followed by some dynamic stretching. A good warm-up not only gets you motivated and ready to go, but it is also important for reducing the risk of injury and preventing muscle soreness.

#2

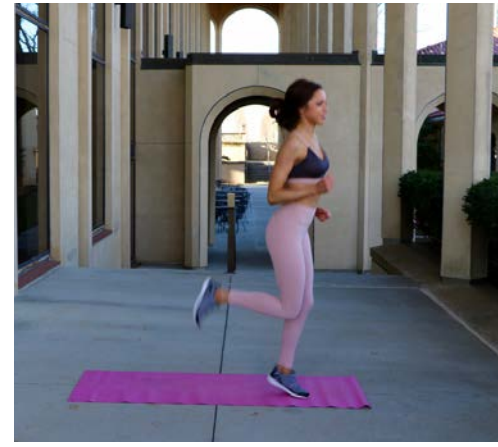
## 1. HIGH KNEES

30 seconds



## 2. BUTT KICKS

30 seconds



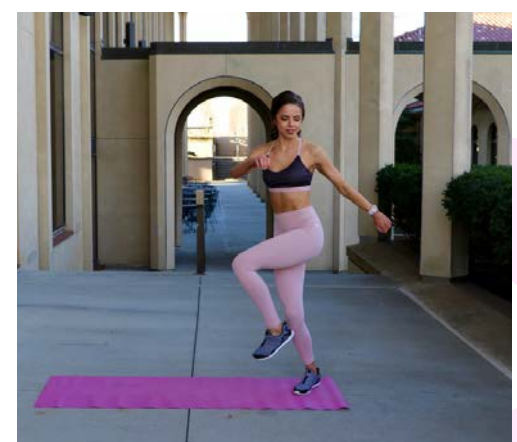
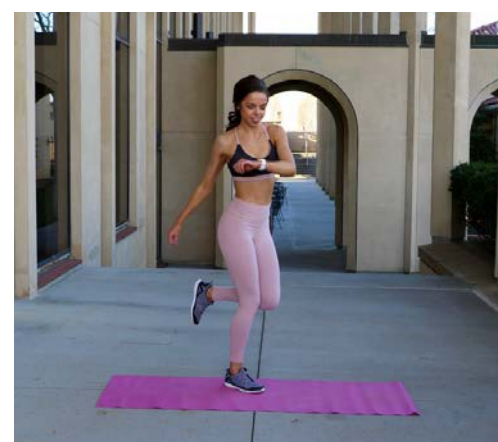
## 3. SKATER SLIDES

30 seconds



## 4. GRAPEVINES

30 seconds



"the secret to getting ahead is getting started."



# DAY ONE

## arms & abs

This workout is aimed to target your arms, shoulders, and core. All of these moves can be done with ABSOLUTELY NO EQUIPMENT, but feel free to add dumbbells to up the intensity. Complete all 8 exercise and repeat the circuit twice for a total of three sets.

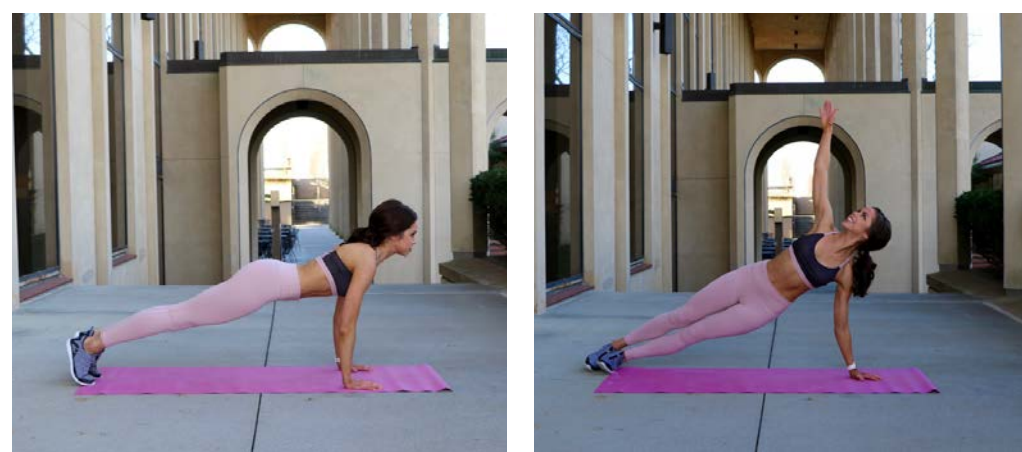
### 1. MODIFIED PUSH-UPS

12 reps



### 2. ROLLING T PLANKS

20 reps



### 3. TRICEP DIPS

15 reps



### 4. AB KICK-DOWNS

10 reps



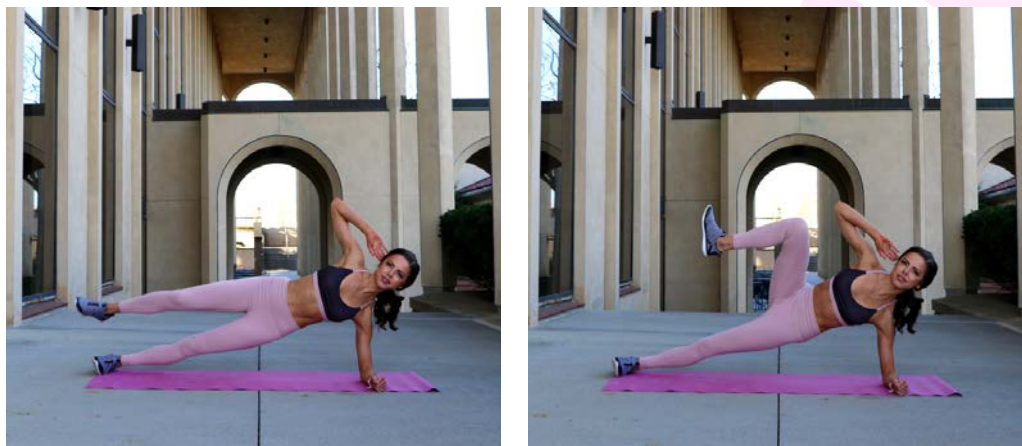
### 5. PLANK-UPS

20 reps



### 6. SIDE PLANK CRUNCHES

20 reps (each side)



### 7. MOUNTAIN CLIMBERS

50 reps



### 8. DOWN DOG PRESSES

15 reps



repeat x2





# DAY TWO *sleigh the stairs*

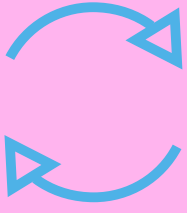


Time to SLEIGH THE STAIRS with this 30-minute stair climber routine! The stair climber is an effective way to get a boost of cardio while working your lower body. The routine below gives you different step variations and speeds to maximize your workout and make the most of 30 minutes



<i>let's go!</i>			
	<i>step type</i>	<i>speed</i>	<i>time</i>
START:	single steps	medium	0:00 - 5:00
	double steps	medium	5:00 - 7:00
	alternating kick backs	low	7:00 - 8:00
	right side kicks	low	8:00 - 9:00
	left side kicks	low	9:00 - 10:00
	single steps	medium	10:00 - 12:00
	single steps	high	12:00 - 15:00



 *repeat!*

*don't forget to cool down w with a walk and stretching!*



# DAY THREE

## full body FROSTY BLAST

Time to up the intensity with this FULL BODY FROSTY BLAST workout! This workout is timed. Do each exercise for 30 seconds and then repeat the pair. After you have done the set of two exercises twice (for a total of two minutes), rest for one minute and move on.

### 1. SQUAT TO HEEL TAPS 30 seconds

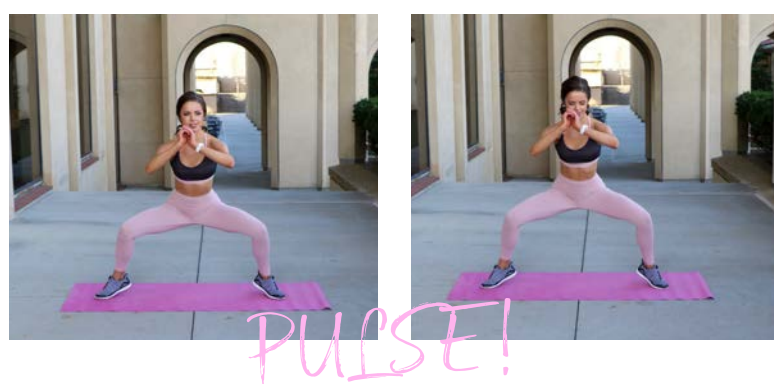


### 2. STANDING BICYCLES 30 seconds



1

### 3. PLIE PULSE SQUATS 30 seconds



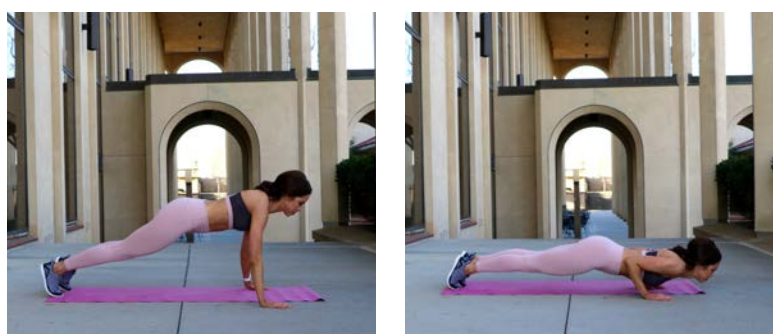
PULSE!

### 4. BOXING IN PLACE 30 seconds



2

### 5. SIDE TO SIDE PUSH-UPS 30 seconds

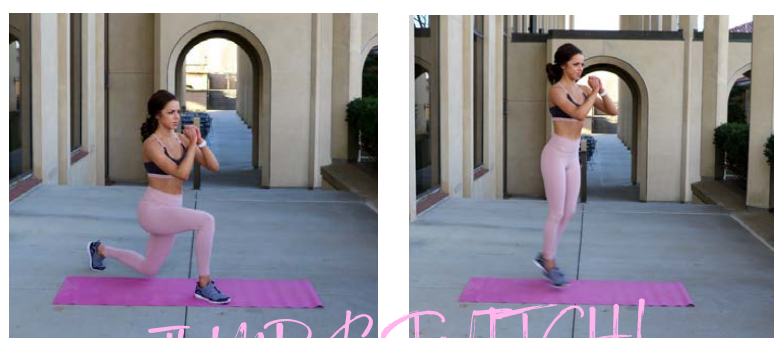


### 6. PLANK HIP DIPS 30 seconds



3

### 7. LUNGE JUMPS 30 seconds



JUMP & SWITCH!

### 8. PULSE LUNGES 30 seconds



PULSE!

### 9. TRICEP DIPS 30 seconds



### 10. FULL EXTENSION CRUNCHES 30 seconds



5

repeat for a challenge



# DAYS FOUR, SIX, & ELEVEN

## *active rest days*

Hooray for ACTIVE REST DAYS! Staying active even on your days off can actually aid in muscle recovery. Ditch the couch and try one of these fun activities:

YOGA  
PILATES  
RUNNING  
CYCLING  
SWIMMING  
HIKING  
WALKING  
BARRE  
DANCING  
PLAYING A SPORT

Ultimately: spend today doing something you ENJOY! Active rest days are a great opportunity to find balance in your workout routine by trying something new. Snap a photo of the workout you picked and SHARE it on Instagram using the hashtag [#TFB12DaysofToning](#) so we can see what you LOVE!

Don't forget to tag me [@samanthabowers\\_](#), I love to repost your photos on my IG stories.



# DAY FIVE

## leaner legs

This workout is aimed to target your legs, glutes, and core. All of these moves can be done with ABSOLUTELY NO EQUIPMENT, but feel free to add dumbbells to up the intensity. Complete all 8 exercise and repeat the circuit twice for a total of three sets.

### 1. SUMO PULSE SQUATS

25 reps



### 2. 180 SQUAT JUMPS

12 reps



### 3. SINGLE STANDING PULSE

20 reps (10 on each side)



### 4. KNEE DRIVE LUNGE

10 reps



### 5. LUNGE JUMPS

20 reps



### 6. SIDE PLANK LEG LIFTS

20 reps (each side)



### 7. GLUTE BRIDGES

20 reps



### 8. BICYCLE CRUNCHES

40 reps



repeat x2



# DAY EIGHT

## arm attack

This workout is aimed to target your arms, shoulders, and core. All of these moves can be done with ABSOLUTELY NO EQUIPMENT, but feel free to add dumbbells to up the intensity. Complete all 8 exercise and repeat the circuit twice for a total of three sets.

### 1. INCHWORM PUSH-UPS

8 reps



### 2. DOLPHIN PLANKS

15 reps



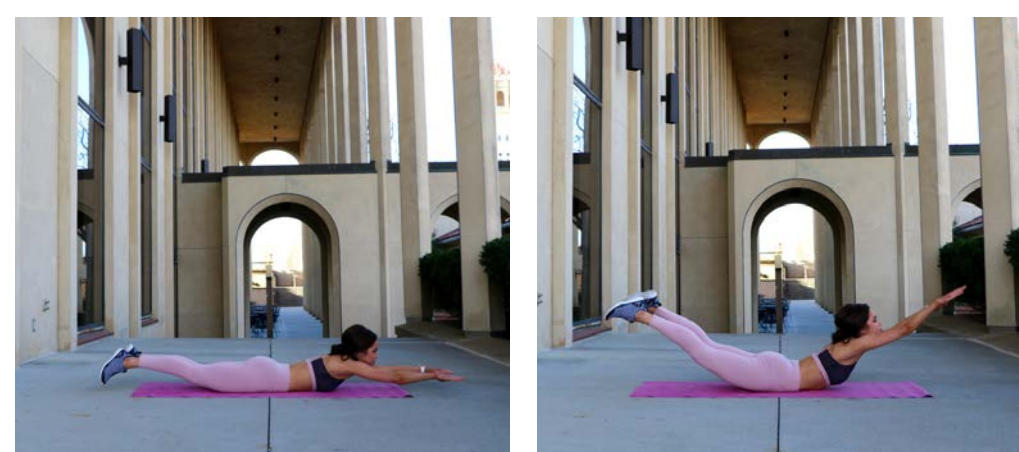
### 3. BODYWEIGHT WIDE ROWS

30 reps



### 4. SUPERMANS

10 reps



### 5. SHOULDER SQUEEZERS

20 reps



### 6. PIKE PUSH-UPS

8 reps



### 7. PLANK WITH ARM RAISE

30 reps



### 8. UPPERCUTS

40 reps



repeat x2





# DAY NINE

## hiit reindeer run



So you know Dasher and Dancer and Prancer... But have you tried HIIT? HIIT (High Intensity Interval Training) has become super popular lately - and for a good reason! This treadmill workout follows intervals of max effort, moderate effort, various inclines and active rest periods for an effective cardio burn!



let's go!

speed

incline

time

WARM UP:

4.0

0

0:00 - 5:00

6.0

0

5:00 - 7:00

7.0

0

7:00 - 8:00

SPRINTS:

10.0

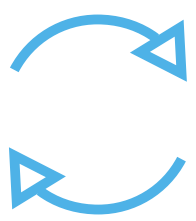
0

8:00 - 8:30

REST (carefully jump feet to the sides of the treadmill).

0

8:30 - 9:00



REPEAT SPRINT PATTERN UNTIL 15:00

COOL DOWN:

5.0

0

15:00 - 17:00

4.0

0

17:00 - 20:00

3.5

0

20:00 - 25:-00



don't forget to stretch!



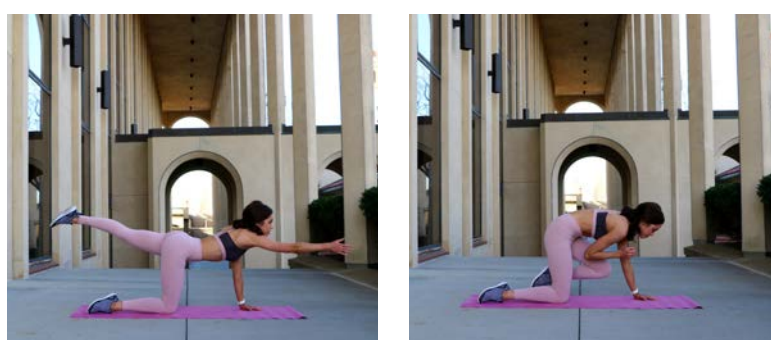
# DAY TEN *cookie burner*

Time to up the intensity with this CHRISTMAS COOKIE BURNER workout! This workout is timed. Do each exercise for 30 seconds and then repeat the pair. After you have done the set of two exercises twice (for a total of two minutes), rest for one minute and move on.

## 1. SNAP JUMPS 30 seconds



## 2. BIRD DOGS 30 seconds

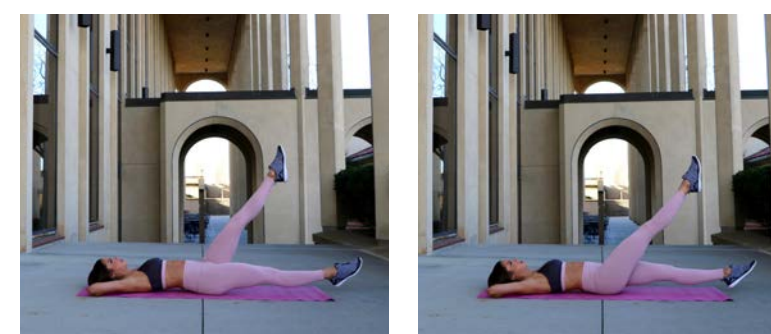


1

## 3. CROSS CLIMBERS 30 seconds



## 4. FLUTTER KICKS 30 seconds



2

## 5. SIDE PLANK LEG LIFTS 30 seconds

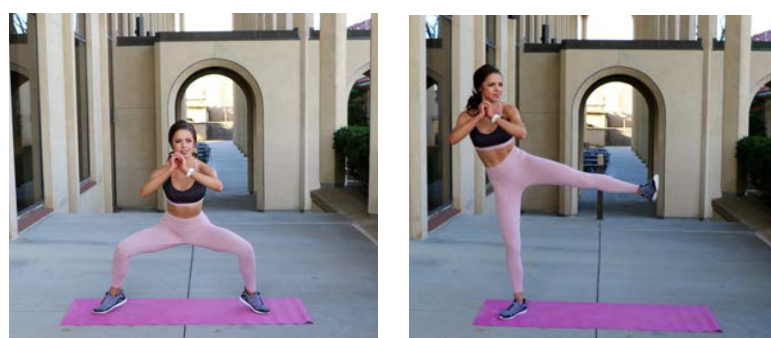


## 6. PLANK THIGH TAPS 30 seconds

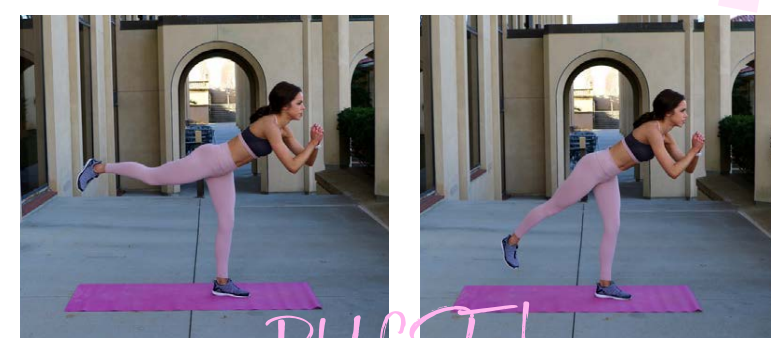


3

## 7. SUMO SQUAT WITH SIDE KICK 30 seconds



## 8. STANDING SINGLE PULSE 30 seconds

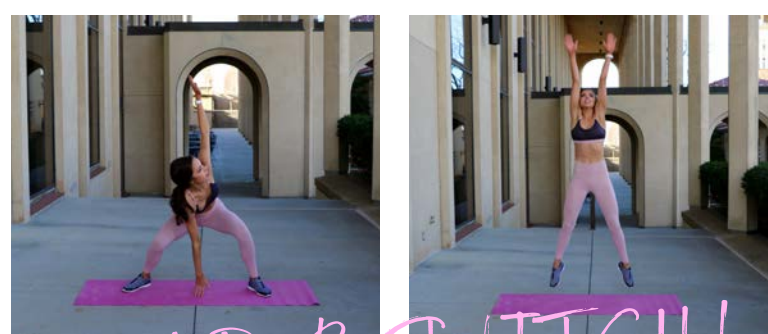


PULSE!

## 9. CLOCK JUNGLE JABS 30 seconds



## 10. ROTATING FLOOR TOUCH JUMPS 30 seconds



JUMP & SWITCH!

5

*repeat for a challenge*



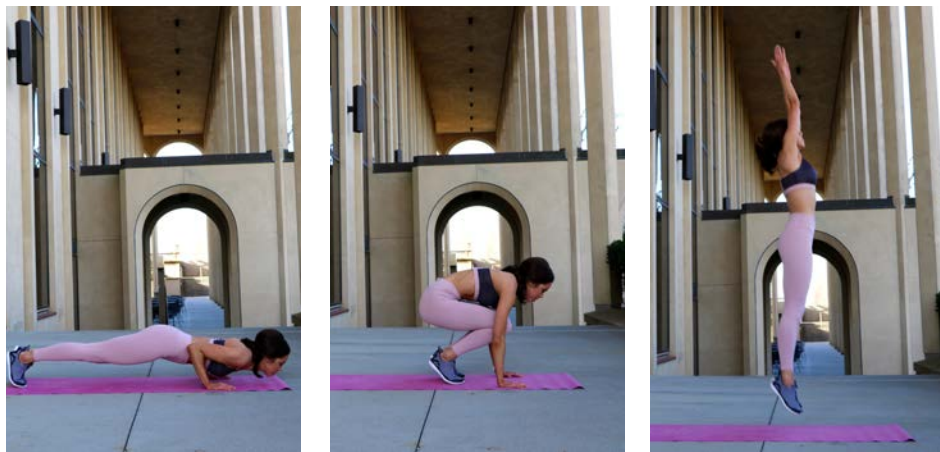
# DAY TWELVE

## the grinch's GLUTE LIFTER

This workout is aimed to target your legs, glutes, and core. All of these moves can be done with ABSOLUTELY NO EQUIPMENT, but feel free to add dumbbells to up the intensity. Complete all 8 exercise and repeat the circuit twice for a total of three sets.

### 1. BURPEES

10 reps



### 2. FORWARD LONG JUMPS

10 reps



### 3. SIDE SHUFFLE STEPS

20 reps (10 each direction)



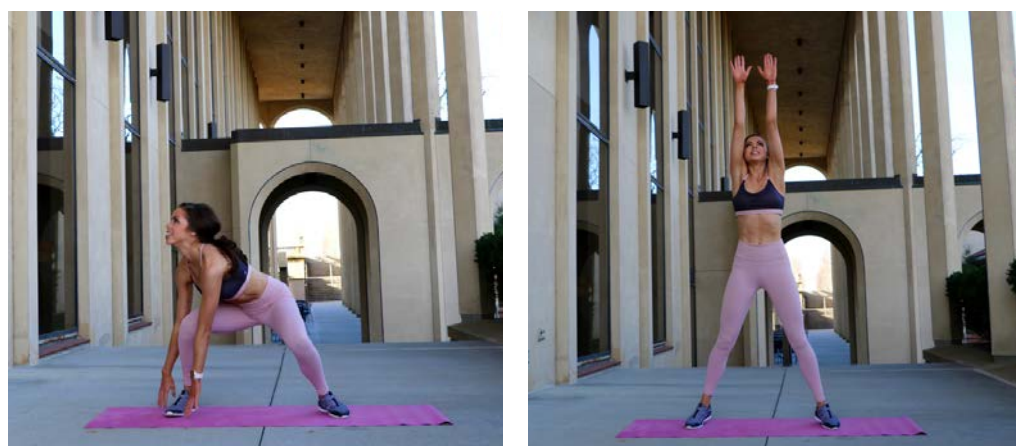
### 4. SQUAT WITH FRONT KICK

16 reps



### 5. X JUMPS

12 reps



### 6. DONKEY KICKS

30 reps (15 on each side)



### 7. FIRE HYDRANTS

30 reps (15 on each side)



### 8. RUSSIAN TWISTS

30 reps



repeat x2





# CLEAN EATS



*healthy recipes*

2 breakfasts  
3 snacks  
4 desserts



# BREAKFAST

## Creamy & Calorie-friendly Red Velvet Shake



### ingredients

- 1 scoop chocolate or vanilla protein powder
- 1/3 cup beets
- 2 tablespoons cocoa powder
- 2 tablespoons stevia
- 1/2 cup ice cubes
- 1/2 cup unsweetened almond milk

### directions

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. Pour the finished shake in to a medium-sized glass and top with nonfat vanilla greek yogurt swirls, chopped dark chocolate, and fresh raspberries for an extra sweet treat!



# BREAKFAST

## Simple & Warm Cinnamon Roll Oatmeal



### ingredients

- 1/2 cup old fashioned rolled oats
- 1/2 scoop vanilla protein powder (optional)
- 1/4 cup liquid egg whites
- 1/2 cup unsweetened almond milk
- 1 teaspoon cinnamon
- 1 tablespoon stevia
- 1/2 teaspoon butter extract
- 1/2 teaspoon maple extract
- Nonfat vanilla greek yogurt, chopped pecans, and additional cinnamon and stevia, for icing

### directions

1. Place all ingredients in a medium-sized bowl and stir until well combined.
2. Microwave on high for 3 minutes or until oats are fully cooked. Remove from the microwave and allow to cool slightly.
3. Top with nonfat vanilla greek yogurt, chopped pecans, and an additional sprinkle of cinnamon and stevia, if desired. Enjoy!



# SNACK

## Cheat Clean Butter Pecan Cookie Dough



### ingredients

- 1 15-ounce can chickpeas, drained and rinsed
- 1/4 cup almond butter
- 1 scoop vanilla protein powder
- 1/4 cup stevia
- 1 teaspoon maple extract
- 1 teaspoon butter extract
- Pinch of baking powder
- 2 tablespoons chopped pecans

### directions

1. Place all ingredients (except chopped pecans) in a blender or food processor and blend until a dough like consistency forms.
2. Gradually stir in chopped pecans until evenly folded throughout the dough. Refrigerate for one hour and enjoy cold. Store in the refrigerator or freezer for a quick, tasty snack or dessert!



# SNACK

## Five Ingredient Simple & Clean Hot Cocoa



### ingredients

- 1 tablespoon natural unsweetened cocoa powder
- 1 tablespoon stevia
- 1 cup unsweetened vanilla almond milk
- 1/2 teaspoon vanilla extract
- Pinch of cinnamon

### directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a microwaveable mug and heat in the microwave for 1-2 minutes.
3. Remove from the microwave, stir, and check the temperature to make sure it's just right. Enjoy!



# SNACK

## Guilt-free Gingerbread Popcorn



### ingredients

- 2 cups air popped popcorn
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon stevia
- 1 tablespoon almond butter
- Nonstick coconut oil spray

### directions

1. Spread prepared popcorn across a flat baking sheet. Lightly cover with coconut oil spray.
2. Melt 1 tablespoon almond butter until consistency is thin. Drizzle over popcorn.
3. Sprinkle ground nutmeg, ground cinnamon, ground ginger, and stevia over the top of the popcorn. Stir until evenly coated and enjoy!



# DESSERT

## 5 Ingredient Christmas Eve Kiss Cookies



### ingredients

- 1 cup creamy all natural peanut butter
- 1/4 cup cocoa powder
- 1 cup stevia
- 1/3 cup liquid egg whites
- 9 dark chocolate kisses

### directions

1. Preheat oven to 350 degrees. Lightly coat a cookie sheet with nonstick cooking spray. Set pan aside.
2. Unwrap 10 dark chocolate kisses and set aside.
3. In a large bowl, combine creamy peanut butter, cocoa powder, stevia, and liquid egg whites. Mix until dough-like consistency forms. Roll the dough in to 10 1-inch balls and space evenly across the prepared cookie sheet.
4. Bake cookies in the oven at 350 degrees for 10-12 minutes.
5. Immediately after removing the cookies from the oven, press one dark chocolate kiss into the center of each cookie, allowing the cookie to spread out. Place them on a cooling rack and let them cool completely, or enjoy them warm for a melted chocolate center.



# DESSERT

## White Chocolate Raspberry Greek Yogurt Bark



### ingredients

- 1 cup nonfat vanilla greek yogurt
- 1/2 cup fresh raspberries
- 2 tablespoons chopped dark chocolate
- 1 tablespoon shredded coconut (optional)

### directions

1. Line a baking sheet with parchment paper. Using a spatula or spoon, spread 1 cup of nonfat vanilla greek yogurt across the lined pan until even, about 1/4 inch thick.
2. Sprinkle raspberries, chopped dark chocolate, and shredded coconut (if desired) over the greek yogurt.
3. Place in the freezer for 2-3 hours or until bark is solid. Break in to pieces and enjoy cold.



# DESSERT

## Double Chocolate Fudge Protein Truffles

### ingredients



- 1/4 cup powdered peanut butter
- 1/4 cup cocoa powder
- 1 tablespoon coconut flour
- 1 scoop chocolate or vanilla protein powder
- 1/4 cup stevia
- 1/2 cup unsweetened vanilla almond milk
- 1 teaspoon chocolate or vanilla extract
- 1 tablespoon cocoa powder + 1 tablespoon stevia (for coating)

### directions

1. In a medium bowl, mix together powdered peanut butter, cocoa powder, coconut flour, protein powder, stevia, unsweetened vanilla almond milk, and vanilla or chocolate extract. Stir until dough-like consistency forms.
2. Roll the dough in to 1-inch balls and cover with cocoa powder and stevia. Place the truffles on a cookie sheet lined with parchment paper. Repeat until all dough has been used. Place the finished truffles in the refrigerator or freezer for 1-2 hours or until chilled. Enjoy!



# DESSERT

## Protein Packed Peppermint Sugar Cookies



### ingredients

- 1 1/2 cups almond flour
- 1 scoop vanilla protein powder
- 2/3 cup stevia
- 1/4 cup almond butter
- 1/2 teaspoon butter extract
- 1 teaspoon baking powder
- Pinch of salt
- 1/4 cup unsweetened almond milk

### directions

1. Preheat oven to 350 degrees. Lightly spray a baking sheet with nonstick spray and set aside.
2. In a large bowl, mix together almond butter, vanilla, and almond milk until smooth.
3. Gradually stir in almond flour, coconut flour, protein powder, baking powder, and a pinch of salt until dough like consistency forms.
4. Lightly dust the surface of a cutting board with almond flour. Spread the dough flat with a rolling pin and cut in to desired shapes. Place finished cookies on prepared pan.
5. Bake for 12-14 minutes or until edges are lightly browned. Remove from the oven and allow to cool completely. Top with protein icing (recipe to follow) and enjoy!



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# CONGRATS!

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challenge complete

Thanks for joining my 12 DAYS OF TONING challenge! Here's to a fresh start as we head in to Christmas and 2018. I hope you learned something new and can apply these new healthy habits to your lifestyle. Feel free to reach out to me through email or social media if you have any questions or if I can help you reach your goals in any way.

xoxo, The Fit Brunette

Samantha Bowers

@samanthabowers\_

*"If you think you can, or you think you can't... You're right."*